**NEW VEGETABLE RECIPES FOR GOOD HEALTH (8 SERVINGS) – November 2020**

**Developed by World Vegetable Center, contact: Inviolate Mosha,** [**inviolate.mosha@worldveg.org**](mailto:inviolate.mosha@worldveg.org)

|  |  |  |  |
| --- | --- | --- | --- |
| **NAME OF RECIPE** | **INGREDIENTS** | **PROCEDURES** | **NUTRITIVE VALUE**  **/HEALTHY BENEFITS** |
| 1. **Chayote squash soup with vegetables and spices**   **Chayote (*Sechium edule)***    **Photo credit:** Inviolate Mosha/World Vegetable Center | * 4 chayote squashes * 2 large size carrots * ½ bunch fresh amaranth leaves * 2 large size onion * 3 medium size tomatoes * 6 big cloves of garlic, mashed * ½ teaspoon crushed ginger * 4 medium size round potato * ¼ l fresh milk * 1 pinch of Salt to taste * 1 tsp black pepper powder * 1 tsp chopped fresh coriander * 2 tsp sunflower/ vegetable oil * 2-liter water | * Wash and peal chayote cut them in half lengthwise, remove the seeds and any whitish membrane and chop finely * Wash, peel potatoes and chop finely * Wash carrots. Tomatoes and cowpea and chop finely * Drop the mixture of chopped chayote potatoes, tomato, garlic and ginger into a large pot add water and silt boil/cook covered for 20 minutes. * Add, carrots, amaranths, garlic, colander, black pepper and milk and bring to a boil; * Stir well for 5to 10 minutes until is soft * Remove the pot; stir well or blend or blend the mixture, * Season to taste, serve while hot. | * Chayote is good source of minerals - Iron, zinc, folic acid and an excellent source of Vitamin C, which is a very powerful antioxidant, contain high amounts of dietary fiber that help in digestion, * Carrots provide beta-carotene which is usually converted to retinol (active form of vitamin A) * Spices adds delicious flavor to food, are powerful antioxidants, good source of Vitamin C, phosphorus potassium, zinc, copper and selenium as well dietary fiber. * Amaranth leaves have high content of essential micronutrient, is good source of vitamin A, vitamin K, vitamin B6, and folate, minerals -iron, zinc, copper, potassium, and magnesium and manganese. * Onions and garlic: High in vitamin C a nutrient help in regulating immune healthy, tissue repair and Iron absorption * Milk is an excellent source of vitamins and minerals – Magnesium, zinc, potassium, calcium, vitamin D, and A |
| **NAME OF RECIPE** | **INGREDIENTS** | **PROCEDURES** | **NUTRITIVE VALUE**  **/HEALTHY BENEFITS** |
| 1. **Chaya/ tree spinach** leaves with peanut   (***Cnidoscolus acontifolius***)  C:\Users\inviolaTE.DOMINICK\Desktop\Spices\chaya .jpg  **Photo credit**: Inviolate Mosha /World Vegetable Center | * 1 handful Chaya leaves * 2 liters of water * 2 medium size onion * 2 big size tomatoes * 4 table spoon cooking oil * 1 cup coconut milk * 2 medium size carrots * ½ cup groundnut flour * 8 big cloves of garlic, mashed * 1 teaspoon crushed ginger * Salt to taste | * Wash peel and chop the onion. * Wash and chop the tomatoes * Wash carrots and chop finely * Wash Chaya leaves, chop and place them in a cooking non still pot with cold water over medium high heat simmer for 15 minutes (The Chaya leaves will keep their bright green color) * Remove the leaves from pot drain water. * Heat a medium size cooking pot (non-aluminum) in low heat for 10-15 minutes * Add the oil, once is hot add the onion, carrots and, tomatoes * Cook for couple of minutes. * Stir in the chopped tomato ginger and cook for a minute and then add the chopped Chaya leaves. * Add hot water left after boil Chaya leaves; cover the pan. * Mix coconut milk with groundnut flour in a bowl, add to the vegetable. * Simmer for 5 minutes. * Serve while hot with | * Chaya is a great source of calcium, magnesium iron protean and antioxidants with many medicinal benefits as well contain high protean, crude fiber calcium, iron, vitamin c and carotene * Coconuts is high in manganese which is essential for bone health and the metabolism of carbohydrates, proteins and cholesterol; contain copper and iron which help for red blood cells, and selenium an important antioxidant that protect human cells * Onions and garlic: High in vitamin C a nutrient help in regulating immune healthy, tissue repair and Iron absorption * Carrots provide beta-carotene which is usually converted to retinol (active form of vitamin A) * Ginger adds delicious flavor to food, are powerful antioxidant, good source of Vitamin C, phosphorus potassium, zinc, copper, improve heart health, and help strengthen the immune system |

**Note:** Training materials on production of Chaya and chayote were distributed to participants of TOT on sustainable Vegetable production for 2nd generation new villages. About 40 participants bought chayote fruits for regeneration after creating awareness on the health benefits during the TOT training conducted in August, 2020 in Karatu. The cooking demonstration and testing will be done during TOT training in new villages.